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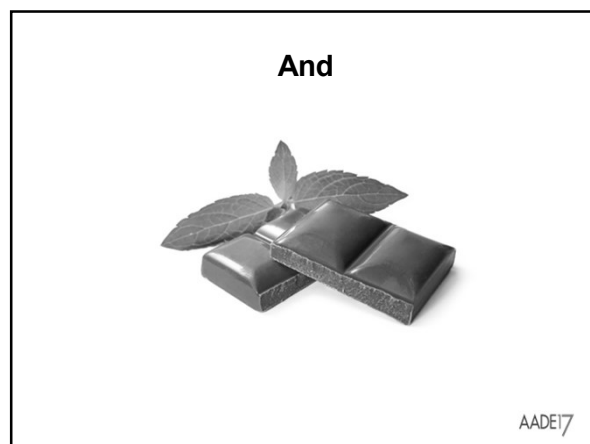
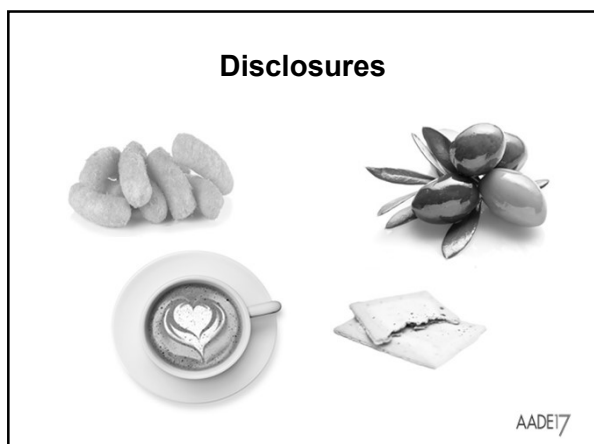
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**Intuitive Eating:
Helping Patients Make Peace With Food**



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Imagine, if you will

- YOUR favorite food
- What if, tomorrow....
- What would you eat tonight? How much would you eat?
- What would you be craving the next day, the day after that?

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What if you have diabetes?

- Anxiety?
- Fear?
- Guilt?
- Grief?

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Our patients' view



"You can enjoy diabetes, high cholesterol and hypertension or you can suffer from good health."

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Intuitive Eating



- Evidence-based, Non-diet approach to manage eating behaviors
- Based on the concept that our bodies' natural hunger and satiety signals are the best guide for each of us to determine what and how much to eat
- "Unconditional Permission to Eat"
- In short, retraining "normal eating"

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Intuitive Eating

- Innate, instinctive
- Internal vs External control
- Relaxed, flexible
- Non-judgmental, without guilt or moral dilemmas

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Internal Control

- Hunger and Fullness
- Satiety, taste preferences, variety
- Blood sugar levels

*Biologically, hormonally driven and controlled

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Hormonal Control of Appetite

- Ghrelin: secreted by the stomach as blood sugar drops; stimulates hunger
- Peptides: released by nerves in the stomach and small intestine; signal hypothalamus to reduce hunger and stomach to slow emptying
- Leptin: produced by fatty tissues; initiates feelings of satiety in hypothalamus



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External Control

- Emotions
- Overload of messages
- Confusion about nutrition and health
- “Should” and “Shouldn’t”
- DIETING

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Dieting Statistics

- Nearly 60 billion dollars spent annually in US
- 33 to 50% of weight lost dieting is regained within one year of diet and nearly 100% within 5 years
- 1/3 to 2/3 of dieters regain more weight than was lost on the diet
- Dieting (restrictive eating) can cause physical and emotional damage to the dieter

Source: “Health at Every Size”

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Physical Damage

- Muscle loss, nutrient deficiencies
- Decreased leptin levels, increased ghrelin secretion
- Hunger, cravings (esp. carbohydrates), overeating, binge-eating
- Food restriction increases the neurochemical reward from food

Source: “Health at Every Size”

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And

- Slowed metabolism, decreased body temperature, decreased heart rate
- Increased fat storage
- Increased risk of eating disorders (BED, bulimia)
- Minnesota Starvation Experiment
<http://jn.nutrition.org/content/135/6/1347.full>

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And... Weight Cycling


- Weight cycling or 'yo-yo dieting': repeated periods of weight loss and weight gain
- Directly connected to compromised health
 - Results in increased inflammation
 - Strongly linked to overall mortality
 - Strongly linked to mortality and morbidity related to coronary artery disease
 - Higher risk of osteoporosis and fractures
 - Higher risk of gallstone attacks
 - Higher risk of hypertension
 - Some forms of cancer including renal cell carcinoma, endometrial cancer and non-Hodgkin's lymphoma

Source: Health at Every Size

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Set Point Theory

- Assertion that body weight is under homeostatic control (pre-determined and protected)
- Repeated dieting below set point can create a new, higher set point



- Dieting predicts weight gain

Source: "Weight Science: Evaluating the Evidence for a Paradigm Shift"

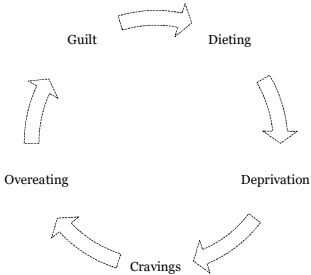
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Emotional Damage

- Lowered self esteem
- Guilt, shame
- Hopelessness ~ "I can't do this"
- Sense of failure, lack of will power ~ "I give up"

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Keeps the Dieter Stuck



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Support for an Intuitive Eating Approach

- Considerable evidence that intuitive eating is associated with improved nutrient intake and reduced eating disorder symptoms and not with weight gain
- Intuitive eating associated with lower BMI, lower cholesterol and lower blood pressure and improved glucose control
- Self-regulation of eating (IE) and recognition of hunger before eating associated with significant decrease in energy intake and may improve insulin sensitivity
- Associated with loss of weight in overweight individuals and maintenance of weight in normal-weight individuals

Over 70 supportive articles on www.intuitiveeating.org

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10 Principles

1. Reject the Diet Mentality
 - Acknowledge the ineffectiveness and danger of diets
2. Honor Your Hunger
 - Rebuilds trust with yourself and food
3. Make Peace With Food
 - Give yourself unconditional permission to eat

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4. Challenge the Food Police
– Move away from 'rules' around eating

5. Feel Your Fullness

6. Discover the Satisfaction Factor
– Practice eating what you truly want

7. Cope With Emotions Without Using Food
– Explore other coping mechanisms

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8. Respect Your Body
– Accept your genetic blueprint

9. Exercise, Feel the Difference
– Shift focus from calorie burning to how it feels when you move your body

10. Gentle Nutrition
– Nutrition as a tool, not a weapon

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“ Honor Your Hunger”

- Trust your body and allow it to guide you
- Feed your body and allow it to trust you
- Begin to pay attention to physical cues
 - What does hunger feel like to me?
 - How hungry am I?
 - Can I correlate physical feelings with my blood sugar?

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Hunger/Fullness Scale



Downloadable patient handout:

<http://www.nourishingconnections.com/Handouts/Basic%20Hunger%20Satiety%20Scale.pdf>

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Putting it into practice

- Individual is in charge
- Incorporate use of Hunger/Fullness Scale in eating
 - Goal is 3-7 (not too hungry, not overly full)
- Focus on Satisfaction and Unconditional Permission to Eat
- Can be used in conjunction with carbohydrate counting and glucose monitoring
- If not physically hungry, what am I feeling and what do I need instead?

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Identifying patients

- “I’m an emotional eater” or “I know what to do, I just can’t do it”
- Black and white thinking about eating and food
 - (I was ‘good’ or I was ‘bad’)
- Late-day eating
 - “I was good all day, but...”
- Weight cycling or continuous weight gain despite weight loss efforts
- Reluctance to provide blood sugar logs AND/OR Elevated A1c in comparison to glucose checks

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Intuitive Eating Assessment Scale

- 21 questions and scoring tool
- Developed and validated by Intuitive Eating researcher Dr. Tracy Tylka, The Ohio State University
- PDF available for download and use
<https://u.osu.edu/tracytylka/scales-developed/>

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“Rose”

- 52 year old female
- Life-long dieter; BMI >40
- PMH included Type 2 DM, CHF, disability due to RA
- Metformin 1,000 mg BID
- Avoided checking blood sugars
- Discouraged about physical activity
- Fearful of carbohydrate foods
- Continued to start every day 'on a diet'

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A Typical Day

Breakfast: egg, ½ grapefruit

Lunch: lettuce, chicken breast, fat-free dressing, diet soda

3:00-4:00 pm: diet soda, cookie, another cookie, chips, candy

“It feels like the floodgates open up and I can't stop”

Dinner: large quantities of pasta, bread, and other ‘forbidden foods’

“What the heck, I've ruined the day anyway. I'll start tomorrow”

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Begin With Curious Observation

- What does hunger feel like to you?
- How often are you feeling hunger?
- Are you eating beyond being full?
- Are emotions interfering with intuition?
- Are food choices based on preference or misinformation?
- Do any patterns emerge?

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Eating Awareness Journal

TIME	What I ate	H/F Before	H/F After	Did I like this?	Any Additional Information or Feelings	Blood Glucose
8:00 am	Hardboiled egg ½ banana	3	5	It was okay	Really wanted to have toast with peanut butter instead but was afraid I'd overeat	175 mg/dl
10:30	2 peanut butter cups	1	6	YES!	Felt guilty	didn't check
12:00	Salad with chicken and fat-free dressing Diet cola	5	6	Not really	Felt good that I didn't eat any carbs but not satisfied	didn't check
2:15	Microwave popcorn	1	7	No	Guilty, too many carbs, too much salt	didn't check

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Beginning Steps

1. Adding carbohydrates to breakfast and lunch
2. Choosing foods based on taste
“Eat what you love!”
3. Approaching glucose monitoring with curiosity

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Exercises

- “What if you tried an experiment?”
 - Introduce former “binge-only” foods at meal time
 - Order favorite in restaurant and focus on pleasure of the meal
 - Stop half way through meal and check with self: Do I still enjoy this? Am I getting full?
 - Timed-meal: Can a meal last 30 minutes?
- Observe, learn, try again without judgment

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Rose's Progress

- Was able to eliminate overeating by eating consistently
- Food choices improved over time
- HgA1c improved due to decreased overeating and consistent carbohydrate plan
- Weight loss as an outcome (not the goal)
- She began swimming at indoor pool because she enjoyed the way it made her feel
- Guilt about food was decreased
- She felt in control again

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Guiding Patients

- Partner with patient—let them know they are not alone and food struggles are normal
- Empower with knowledge and awareness
 - ‘Perfection is not necessary’
 - “The secret of managing diabetes lies in learning to celebrate food and its amazing ability to nourish you”
- Assist in experimentation
 - “I wonder if.....”
 - “What would you think of....”
- Health, not weight
 - Focus on health markers (ie blood sugar) and gaining control of eating

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Fears and Misconceptions

- Patients: What if I can't stop eating?
- Clinicians: Promoting overeating, obesity; an anti-health message with all foods fit

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Remember your favorite food?

What if you had permission to eat it every day?



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Teaching Mindfulness and Awareness



Reclaiming the pleasure in eating!

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Suggestions for Beginning Implementation with Patients

- Start with practice and confidence in your own ability to eat intuitively
- Resource list for more information
- Professional training
- Intuitive Eating Counselor database at intuitiveeating.org
- Weight-Neutral, Non-Diet practitioners

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Resources for Patients and Practitioners

- Intuitive Eating by Evelyn Tribole and Elyse Resch
- Intuitive Eating Workbook by Evelyn Tribole and Elyse Resch
- Eat What You Love, Love What You Eat by Michelle May
- Eat What You Love with Diabetes by Michelle May
- Health At Every Size by Linda Bacon
- Body Respect by Linda Bacon and Lucy Aphramor
- Body Kindness by Rebecca Scritchfield
- Diet Survivor's Handbook by Judith Matz
- 50 Ways to Soothe Yourself Without Food by Susan Albers

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Websites

- intuitiveeating.org
- HAEScommunity.com
- lindabacon.org
- sizediversityandhealth.com
- amihungry.com

Podcasts

- **Love, Food** with *Julie Duffy Dillon*
- **Food Psych** with *Christy Harrison*
- **Body Kindness** with *Rebecca Scritchfield*

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For Families and Children

- ellynsatterinstitute.org
- Secrets of Feeding a Healthy Family by Ellyn Satter
- Your Child's Weight: Helping Without Harming by Ellyn Satter
- Shapesville by J. Andrew Mills and Rebecca Osborn (for ages 3-8)
- Full Mouse, Empty Mouse by Dina Zeckhausen (for ages 7-12)

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References/Sources

1. Tribole, Evelyn and Resch, Elyse. Intuitive Eating. A Revolutionary Program That Works. New York: St. Marten's Griffin, 2012
2. Bacon, Linda. Health at Every Size. Dallas, Texas: Bendella Books, 2008
3. Bacon, Linda and Aphramor, Lucy. "Weight Science, Evaluating the Evidence for a Paradigm Shift." Nutrition Journal. 2011, 10-9
4. Tribole, Evelyn and Resch, Elyse. The Intuitive Eating Workbook. Oakland, California: New Harbinger Publications, 2017

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Thank You!

If you want something you've never had before....

You must do something you've never done before

~Anonymous

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